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# PAIN TO PURPOSE *Journey*

## Bringing light to the shadows

Do you find yourself repeating the same unhelpful patterns again and again?

Unsupportive relationships, negative emotional responses that just don't shift!

Feeling stuck and blocked?

What about your job? Are you lacking fulfillment? Do you have direction?

Have you lost yourself in the process of life?

If you're fed up and keen to move forward in a new way then the **Pain to Purpose Journey** is for you. This is a deep dive into yourself, a divinely guided journey. We work with the idea that life unfolds exactly as it does in order for you to explore your shadow side, creating growth and ultimately empowerment. By bringing 'light' (understanding) to your 'shadow' (unhelpful patterns), you're healing yourself every step of the way. With new understanding, 'enlightened' choices can be made and you move forward with clarity and purpose.



### *What is my shadow?*

There are certain aspects of your personality that you accept and comfortably express with the world. These are the parts of you that have been accepted by others and therefore you show them freely and even use them to achieve the outcomes you're looking for.

Then there are other aspects that you reject and suppress. You have suppressed these parts of yourself because at one time or another you received the message that they were not ok, or they were 'bad'. These aspects are referred to as your 'shadow' aspects.

Imagine yourself as a young child, perhaps you got told that children should be seen and not heard. So you repress that part of you that is *loud and full of life*, or *loud and full of anger*. You become the good little girl or boy, only showing the aspects of you that creates acceptance and safety.

Now what happened to the suppressed '*loud and full of life*' aspect of you? ..... perhaps you have become withdrawn and disheartened with life? Now as an adult you're feeling depressed and you don't understand why!

Or perhaps you had the *loud and anger* elements suppressed in you, what happens then? ..... an internal bomb that is ready to explode? Now as an adult you have anxiety or anger issues that you truly don't understand.

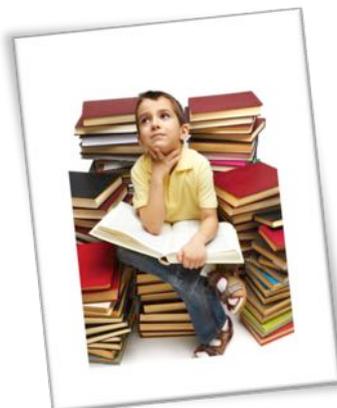
### *Why should I bring light to my shadow?*

Your shadow aspects often show up in subconscious behaviours and thoughts. Imagine your life choices being run by a subconscious belief program that you're not even aware of. By bringing light (understanding) to your shadow aspects you can become aware of what is effecting your.... everything! .... your relationships, your job, your sense of inner peace.... your everything.

*Everything that irritates us about others can lead us to an understanding of ourselves.*  
Carl Jung

### *Does bringing light to my shadow help to heal my life?*

Absolutely. Understanding yourself is the first step. Once you understand your story, we can work to release negative patterns. You then get to consciously sit in the driver's seat of your life and purposefully make choices about the direction you're going.



## What do we do during the Pain to Purpose program?

The **Pain to Purpose** program runs over 14 x 2hr sessions. The program allows you to explore and heal your life on a deep level. You will learn how to see life symbolically; understand yourself and your relationships plus explore achieving your highest potential in a whole new way.

### 1. Your archetypal patterns.

Have you met someone and you commented “she is just such a princess” or “wow, she’s so motherly”, perhaps “oh, stop playing the victim” or “I feel like I’m just sabotaging myself!” You are talking in terms of archetypal patterns.

Awareness of archetypes dates back to at least the time of Plato. The great Swiss psychologist Carl Jung further developed our understanding of archetypes. Jung believed that archetypes comprised psychological patterns from historical roles in life, such as the Mother, Child, Trickster, King, as well as universal events or situations, including initiation or death and rebirth.

An archetype is a universal pattern of power that you were actually born understanding. You speak archetypes fluently. When you look at a person and say, “that man is a natural mentor,” you are summing up his essence in a single magnetic word. And that single word is an archetype. An archetype will find a way to penetrate and influence your life because that is its purpose. As we explore the world of archetypes, all that we are really doing is bringing a language you were born knowing into your consciousness.

Can you imagine which archetypes are showing up in your world? Which ones are your intimate companions in this life? Your archetypal patterns provide the foundation for your personality, drives, feelings, beliefs, motivations, and actions. Archetypes are not passive entities, they take an active role as guardians and inner allies, alerting you when you are in danger of falling into destructive or ‘shadow’ behavior. When you learn to recognise such a pattern, instead of ignoring it or denying its presence, it becomes your friend and can help you avoid selling yourself out.

*Knowing your own darkness is the best method for dealing with the darkneses of other people.*

Carl Jung

### 2. Your Sacred Contract

Your second step on this journey is to be guided to create your own **Sacred Contract**, following the process created by Caroline Myss. Your Contract assists you to explore your life symbolically, and interpret your personal life experiences... your reality.

Your **Sacred Contract** helps you to answer questions you may have always struggled with: Who am I? Why do I relate to others in the ways that I do? How do I encounter the world in a more meaningful way? And, what is my higher purpose?

Then each week you will be guided to explore your life through one of the 12 distinct domains of your Sacred Contract (ego, relationships, home, health, occupation etc.). We combine these new understandings with healing techniques, to help you **heal the past** and **create the future** you desire and deserve.



### 3. Your Healing Process

We use simple muscle testing techniques to access your body's innate wisdom, which will guide us to specific times and events that require our focus and healing. We explore the belief systems, negative life patterning and emotions, that are holding you back.

Once investigated and understood on a mental level, we again use the body's innate wisdom to guide and implement the most suitable healing modality for your individual situation.

Imbalances in your system will be stored on different levels; physically, emotionally, energetically or spiritually, and allowing the body to guide us is the most natural and empowering approach to healing.

To achieve the goals that are specific to you, we draw upon the wisdom of great teachers of philosophy, metaphysics, quantum physics, health and healing. In this way, your healing is achieved in a holistic manner.

We incorporate the wisdoms of John Demartini and his approaches to Life Values & Balancing Emotions through shifts in perception; Caroline Myss's knowledge of Archetypes and Sacred Contracts; Candice Pert and Bruce Lipton's amazing understandings of how our emotions and beliefs are stored and impact our physical form, and much much more.

Each week you will be invited to broaden your awareness of your wellbeing and who you are in the world.

Immerse yourself in a holistic healing journey, from Pain to Purpose and ultimately towards your Core Wisdom.



*Mandy offered a warmth of encouragement and wealth of deep spiritual insight, as she gently helped me to gain a deeper understanding and appreciation of my spiritual journey and true potential. I would highly recommend this course to each individual looking to make honest and deeper discoveries about themselves and their souls purpose in this life, and as a means of achieving a sense of peace with oneself.*

Doug

*We're often afraid of looking at our shadow because we want to avoid the shame or embarrassment that comes along with admitting mistakes.*  
Marianne Williamson.



## YOUR FACILITATOR, MANDY AGNEW

### MANDY'S STORY

I've always been a questioner and wanted to know why things happen. I guess that's what attracted me to science; to do the research and come up with a new level of understanding. This quality in me has been both a help and hindrance at times.

I often joke with people that I had my first mid-life crisis at 25 years old. I was completing my PhD and realizing that just because someone was going to be able to call me 'Dr Rock' (my PhD is in Environmental Geology) wasn't going to necessarily solve my self-esteem issues and sense of unworthiness. Surprise Surprise! Questions of... Why in the world am I doing this? Why aren't I satisfied? What is this constant pain in my stomach and why can I not sleep? Why Why Why?

I was fortunate to have friends at the time who introduced me to the world of personal growth and the idea that healing can actually occur. I was relieved to know I wasn't always going to be like this! As is always the case, once I started to explore this concept, different experience and opportunities came into my life, showing me where I was wounded and how these wounds dictated my behavior and created unhelpful patterns.

The more I got to know myself and understand my own patterns and those of others around me, the more I moved to heal these aspects of myself. I now feel empowered, worthy, purposeful and peaceful.

This is not to say that life doesn't still push me and show me where I need to be mindful and make changes, of course it does! I believe this is what life is all about, taking time for self-reflection, looking into the shadows and then healing by bringing awareness and light. The more we separate from our wounds and work to heal ourselves, the more we can be peaceful and centred, and access our Core Wisdom. From this place anything is possible, the future unfolds with purpose.

## YOUR TIME INVESTMENT

- 14 x 2 hr one-on-one sessions
- plus homeplay
  - movement
  - meditation and
  - personal exploration
- Information and workbook journal

*There is no easy walk to freedom anywhere, and many of us will have to pass through the valley of the shadow of death again and again before we reach the mountaintop of our desires.*  
Nelson Mandela

*There is no coming to consciousness without pain.*  
Carl Jung

## YOUR FINANCIAL INVESTMENT

Total \$2379 (or 3 monthly payments of \$793)

Mandy is a wonderful person who has incredible insights and intuition. Over the past 8 months she has helped me to transform my thinking about myself and my life to create a sense of peace and clarity. Our time together so far has been incredible and I am so grateful that I have been able to share, experience and learn,

Thankyou .

Belinda

*I am committed to your journey and offer you the following:*

- Each step of the way you will be empowered with tools and knowledge.
- Unlimited email access, with back up phone calls if required
- Limited intake – to ensure the quality of your sessions.
- Payment plans and discounts available upon request.
- Money back guarantee – if at the end of the program you don't believe the journey has been worth the money invested, simply call the following day and receive your money back without hesitation.

For more information, please contact:

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